

# 10 fab formulas for Scroll-Stopping Hooks

*to use in emails, posts, videos*

**1**

## The *You know you want it*

Lead with something so awesome and so delicious your audience wants.

*How I made \$250K in my copywriting business with no funnels, zero tech, and a tiny email list*



**2**

## The *Cliffhanger*

Start your email or post at the climax of your story... and create a cliffhanger to keep them reading.

*I was so embarrassed, I cried in the corner... but let me back up and tell you where I was.*



**3**

## The *Quote*

Lead with a customer quote or a bit of dialogue

*"I would've died if I hadn't found you."  
That's a quote from one of our nutrition clients. She'd been struggling with IBS for decades...*



**4**

## The *Client Call-Out*

Write a question or statement that Immediate call in your ideal prospect or reader.

*Struggling to find scroll-stopping hooks for your social posts?*



**5**

## The *Scare Tactic*

Tapping into fear can be very powerful - and also problematic and borderline unethical. Use it sparingly. And never use fearmongering to get a sale.

*These mistakes will kill your sales*



**6**

## *Give'em what they need & want*

Lead with a promise of some juicy information they want

*6 quick tips to accelerate weight loss*

*How coaches are finding paying clients, even if they don't have much experience yet*



**7**

## *Wow'em with data*

Lead with some kind of crazy amazing stat

*Email has a whopping ROI of 35:1*

*76% of consumers are concerned about AI*



**8**

## The *Opposites Attract*

Take an oppositional position to a commonly held belief. Go against the grain. Be contrarian.

*No... you don't need to find another client.*



**9**

## The *Celebration*

People love to celebrate. So if you have a great milestone or life event - share it.

*I just turned 48! Here's a playlist of my 48 favourite songs of all time.*



**10**

## The *This*

Create curiosity and tease about "this"

*This is my fave hook to use.*

*If you want to double your clients, do this.*

